



*"NC Certified
Senior Center of Excellence"*

Senior Connection

Activities for Mocksville & Farmington Sites

October, November, December 2014

Veterans' Appreciation Events



Monday, November 10
at either 1:00pm OR 5:30pm
RSVP by Nov. 3 (but call early as spaces fill)



Each year Davie County Senior Services hosts an appreciation event for our veterans. Regardless of age, all veterans and active military personnel plus a guest are invited to attend. Both events will feature a delicious meal and entertainment from the Andrew Sisters Tribute group "Letters From Home". This trio has traveled the country performing for events and we are pleased to have them back again at Senior Services.

All veterans should pick the time that is best for them and call early to reserve their spot. One guest per veteran, please.

NEWSLETTER TABLE OF CONTENTS

SPECIAL EVENTS MOCKSVILLE SITE2	Lunch.....16
SPECIAL INFORMATION SECTION8	Special Interest.....16
SHIIP INFORMATION9	Stage, Screen & Music.....16
ONGOING - MOCKSVILLE SITE10	FINANCIAL SUPPORT17
Arts & Crafts.....10	SERVICES17
Computer Classes.....10	SUPPORT GROUPS20
Dance.....12	TRIPS20
Drop In Activities.....12	VOLUNTEER OPPORTUNITIES22
Exercise.....12	ONGOING - FARMINGTON SITE23
Games.....14	SPECIAL EVENTS - FARMINGTON SITE23
Health & Wellness.....15	EVENT CALENDAR/FARMINGTON25
Literary Arts.....15	EVENT CALENDAR/MOCKSVILLE26

OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.

FALL FEST - VOLUNTEERS NEEDED

Friday, October 3 - 2:30pm - Autumn Care

Friday, October 10 - 2:00pm - Davie Place

Friday, October 17 - 2:00pm - Somerset Court

Friday, October 31 - 10:30am - Bermuda Commons

Each year Senior Services visits long term care facilities in our community to host a Bingo program for their residents. Volunteers are needed for each facility's event. If you can help on any of the above dates, please give us a call.



ASK THE DOCTOR

Monday, October 6 - 10:45 - 11:15am - Multipurpose Room A

Speaker: Dr. George Kimberly
See all the details on pg. 15.

SENIOR FINANCIAL CARE

Tuesday, October 7 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.

BLOOD PRESSURE SCREENINGS

Tuesday, October 7 - 10:45am - Multipurpose Room A

See all the details on pg. 15.



FLU SHOTS - TWO DAYS!!

Tuesday, October 7 - 9:00am - 3:00pm

Or

Friday, October 17 - 9:00am - 12:00pm

By Appointment Only

Cost: See below

Be sure to get your flu shot to avoid getting sick. You must have an appointment to get your shot. Shots are free for Medicare Part B recipients and some other insurance holders. Please inquire when you make your appointment as to whether or not your insurance is accepted. You must bring your insurance card in with you.

SHARING & CARING

Thursday, October 9 - 1:00 - 3:00pm - Classroom B

See all the details on pg. 10.

SATURDAY MORNING BREAKFAST

Saturday, October 11 - 9:30am -

Multipurpose Rooms A & B

RSVP by Oct. 3

Adults 55 and older & their guests of any age are invited to a great breakfast. Kick off your weekend with friends and family at this fun event. You may bring any number of guests, but anyone under 55 must be accompanied by someone 55 or older.



FIRE SAFETY

Tuesday, October 14 - 10:45am - Multipurpose Room A

Speaker: Frank Carter, Mocksville Fire Department

RSVP by Oct. 7

October is Fire Prevention Month. Learn what you need to know to stay safe, protect your home and your family. Open to adults 55 and older and exceptions under the general participation policy.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, October 14 - 1:00pm - Multipurpose Room B

RSVP by Oct. 10

See all the details on pg. 15.

OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

SCRAPBOOKING

Tuesday, October 14 - 2:00pm -

Classroom B

RSVP by Oct. 7

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, October 14 - 6:30pm -

Classroom B

RSVP by Oct. 7

See all the details on pg. 20.

MEDICARE PART D OPEN ENROLLMENT EVENT

**Wednesday, October 15 - 10:00 - 4:00pm -
by appointment only**

Facilitator: SHIP counselor

See all the details on pg. 9.



WAKE FOREST / SYRACUSE FOOTBALL GAME

**Saturday, October 18 - Time to
Be Announced**

**Cost: \$5.00 for transportation,
\$16.00 for ticket & hat**

**Space limited to 17 people - ALL MONEY
IS DUE AT TIME OF SIGN UP -
TRANSPORTATION MONEY IS NON-
REFUNDABLE, TICKET MONEY MAY BE
REFUNDED IF THERE IS SOMEONE ON
THE WAITING LIST TO TAKE YOUR PLACE**

We will watch as Wake Forest takes on Syracuse at the BB&T Field in Winston. We will meet at Senior Services and go to the game. A pickup point in the Hillsdale area will be announced at a later date for those who are in that area. For those who wish to drive their own car, the \$5.00 transportation fee will be waived. You must still meet at one of the pickup locations so that all can arrive together. Open to adults 55 & older and exceptions under the general participation policy.



MONTHLY MOVIE - "TYLER PERRY'S THE SINGLE MOMS CLUB"

Monday, October 20 - 1:00pm -

Multipurpose Rooms A & B

RSVP by Oct. 13

MPLC license No: 12377840

When five struggling single moms put aside their differences to form a support group, they find inspiration and laughter in their new sisterhood, and help each other overcome the obstacles that stand in their way. Starring Nia Long, Wendi McLendon-Covey, Amy Smart, Zulay Henao and Cocoa Brown, this movie is rated PG-13 for some sexual material and thematic elements. Runtime is 1 hour and 51 minutes. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

SENIOR FINANCIAL CARE

**Tuesday, October 21 - 8:30am - 2:00pm - by
appt. - Classroom A**

**Counselors provided by Senior Financial Care
of Winston Salem**

See all the details on pg. 19.

MEDICARE PART D OPEN ENROLLMENT EVENT

**Wednesday, October 22 - 10:00 - 4:00pm - by
appointment only**

Facilitator: SHIP counselor

See all the details on pg. 9.

SHARING & CARING

**Thursday, October 23 - 1:00 - 3:00pm -
Classroom B**

See all the details on pg. 10.

HALLOWEEN PARTY

**Friday, October 24 - 2:00pm - Multipurpose
Rooms A & B**

RSVP by Oct. 17

Our fall party will be a celebration of the fun of Halloween. We will have great refreshments and entertainment by "The Magical Illusions of Captain Jim". Open to those 55 and older and exceptions under the general participation policy.

OCTOBER/NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

SENIOR OUTING - BRIXX'S PIZZA & MOVIE

Tuesday, October 28 - 11:00am
(time subject to change slightly once movie schedules are released)



Cost: \$5.00 for transportation

Lunch & Movie Ticket on Your Own

RSVP by Oct. 21

**Transportation space limited to the first 24 -
TRANSPORTATION MONEY IS DUE AT
TIME OF SIGN UP & IS NON-REFUNDABLE**

This is a special outing for anyone 55 and older. We will meet at Senior Services and go to lunch at Brixx's Pizza in Winston. We will then go to the movie (movie options will be announced once theatre schedule is set). All participants will pay for their own meal and movie. For those who wish to drive, the \$5.00 transportation fee will be waived. All participants must meet at one of the pick-up points so that we all arrive together.



THEATRE CLUB

**Tuesday, October 28 - 1:00pm -
Classroom B**

See all the details on pg. 16.

MEDICARE PART D OPEN ENROLLMENT EVENT

**Wednesday, October 29 - 10:00 - 4:00pm -
by appointment only**

Facilitator: SHIP counselor

See all the details on pg. 9.

MOVIE DAY WITH THE GRANDKIDS (OR NOT!) - "FREE BIRDS"

**Friday, October 31 - 1:00pm -
Multipurpose Rooms A & B**

RSVP by Oct. 24

MPLC license No: 12377840

In this animated tale Reggie the Turkey is spared as the annual Pardoned Turkey. Now he finds himself teamed up with a fanatical turkey with whom he goes back in time to get turkey off the Thanksgiving menu forever. Featuring the voices of Owen Wilson, Woody Harrelson and Amy Poehler, this movie is rated



PG for some action/peril and rude humor. Runtime is 1 hour, 31 minutes. As this is a scheduled out-of-school day for Davie County, you are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. You may also attend without children. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

ASK THE DOCTOR

**Monday, November 3 - 10:45 - 11:15am - MP
Room A**

Speaker: Dr. George Kimberly

See all the details on pg. 15.

SENIOR FINANCIAL CARE

**Tuesday, November 4 - 8:30am - 4:30pm - by
appt. - Media Room**

**Counselors provided by Senior Financial Care
of Winston Salem**

See all the details on pg. 19.

BLOOD PRESSURE SCREENINGS

**Tuesday, November 4 - 10:45am -
Multipurpose Room A**

See all the details on pg. 15.

CAREGIVERS' DINNER

**Tuesday, November 4 - 6:00pm - MP Room B
RSVP by: Oct. 28**

November is Caregiver Appreciation Month. If you are an unpaid caregiver who provides ongoing care for an older adult, or if you have provided such ongoing care in the past year to an older adult who has passed away, we invite you and a guest to a relaxing dinner. There will be great food and Bingo. This event is also open to grandparents raising grandchildren. Caregivers are welcome to bring the loved one for which they are caring.

MEDICARE PART D OPEN ENROLLMENT EVENT

**Wednesday, November 5 - 10:00 - 4:00pm - by
appointment only**

Facilitator: SHIP counselor

See all the details on pg. 9.

NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

WINTER CRAFT - SNOWMAN GIFT SET

Friday, November 7 - 1:00pm -
Multipurpose Room B

Instructor: Kim Shuskey, Director

Cost: \$5.00 - BRING YOUR OWN
SCISSORS

RSVP by Oct. 31

For our quarterly craft we will make a cute and easy snowman magnet, complete with card and gift packaging. This would make a great inexpensive gift for secret santas, teacher's gifts, etc. All supplies will be provided to you (please bring your own scissors). An example is on display at Senior Services. Open to adults 55 & older & exceptions under the general participation policy.



VETERAN'S LUNCH OR DINNER

Monday, November 10 - 1:00pm
OR

Monday, November 10 - 5:30pm -

MP Rooms A & B

Choose the time that works for you.

RSVP deadline: Nov. 3 (or when spaces fill)

All veterans and active military personnel and one guest are invited to a meal in their honor. Both events will have a delicious meal and feature entertainment by The Andrew Sisters tribute group, "Letters From Home". Space is limited at each event, so call early to ensure you get to come at the time you desire.

MEDICARE PART D OPEN ENROLLMENT EVENT

Wednesday, November 12 - 10:00 - 4:00pm -
by appointment only

Facilitator: SHIP counselor

See all the details on pg. 9.

SHARING & CARING

Thursday, November 13 - 1:00 - 3:00pm -
Classroom B

See all the details on pg. 10.



SPINE HEALTH

Friday, November 14 - 1:00pm -
Multipurpose Room B

Speaker: Dr. Brandon Byers,
Davie Chiropractic Clinic

RSVP by Nov. 7

Your spine is made up of 26 vertebrae. When something goes wrong, it can cause a lot of pain. Learn how to keep your spine healthy at this seminar. Open to adults of all ages - no children, please.

MONTHLY MOVIE - "HEAVEN IS FOR REAL"

Monday, November 17 - 1:00pm -

Multipurpose Rooms A & B

RSVP by Nov. 10

MPLC license No: 12377840

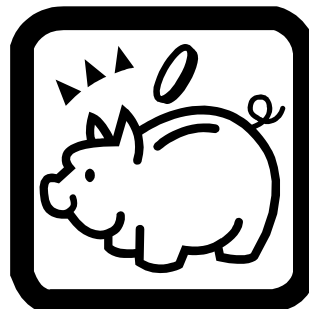
Based on the best selling book by the same name, "Heaven is For Real" tells the true story of a child who claims to have visited Heaven during a near-death experience. A small town father must find the courage and conviction to share his son's story with the world. Starring Greg Kinnear, Sonja Burpo and Connor Corum, this film is rated PG for thematic material including some medical situations. Runtime is 1 hour, 39 minutes. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

SENIOR FINANCIAL CARE

Tuesday, November 18 - 8:30am - 2:00pm - by
appt. - Classroom A

Counselors provided by Senior Financial Care
of Winston Salem

See all the details on pg. 19.



SENIOR TARHEEL PRIORITIES

Tuesday, November 18 - 10:45am - Multipurpose Room B
Speaker: Ron Hoth, Senior Tarheel Delegate for Davie County
RSVP by: Nov. 10

The Senior Tarheel Legislature was created to provide information to seniors on the legislative process and matters being considered by the NC General Assembly, promote citizen involvement and advocacy concerning aging issues before the NC General Assembly, and to assess the legislative needs of older citizens by convening a forum modeled after the NC General Assembly. Mr. Hoth will share with the group their top priorities for the upcoming year. You will also have the opportunity to ask questions and voice your concerns for Mr. Hoth to take back to the Legislature. Open to adults of all ages – no children please.

MEDICARE PART D OPEN ENROLLMENT EVENT

Wednesday, November 19 - 10:00 - 4:00pm - by appointment only
Facilitator: SHIP counselor
 See all the details on pg. 9.



SENIOR LUNCH
Friday, November 21 - 11:30am - Multipurpose Room B
Speaker: Jill Gillis, Nutritionist, Statesville YMCA
RSVP by Nov. 14

Ms. Gillis will present a healthy cooking demonstration. A delicious lunch of the foods she demonstrated will follow. Open to adults 55 & older and exceptions under the general participation policy. **Space limited to the first 90 who RSVP.**

THEATRE CLUB

Tuesday, November 25 - 1:00pm - Classroom B
 See all the details on pg. 16.

MEDICARE PART D OPEN ENROLLMENT EVENT

Wednesday, November 26 - 10:00 - 4:00pm - by appointment only
Facilitator: SHIP counselor
 See all the details on pg. 9.

ASK THE DOCTOR

Monday, December 1 - 10:45 - 11:15am - Multipurpose Room A
Speaker: Dr. George Kimberly
 See all the details on pg. 15.

SENIOR FINANCIAL CARE

Tuesday, December 2 - 8:30am - 4:30pm - by appt. - Media Room
Counselors provided by Senior Financial Care of Winston Salem
 See all the details on pg. 19.

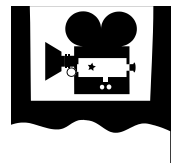
BLOOD PRESSURE SCREENINGS

Tuesday, December 2 - 10:45am - Multipurpose Room A
 See all the details on pg. 15.

DINNER & A MOVIE - "THE MONUMENTS MEN"

Tuesday, December 2 - 5:30pm
RSVP by Nov. 25
MPLC license No: 12377840

Enjoy dinner then stay for "The Monuments Men". This is based on a true story of an unlikely World War II platoon, tasked by FDR with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners. What seems like an impossible mission turns into a race against time where this group will risk their lives to protect mankind's greatest achievements. Starring George Clooney, Matt Damon, Bill Murray, John Goodman, and Cate Blanchett, this movie is rated PG-13 for some images of war violence and historical smoking. Runtime is 1 hour, 58 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*



DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE

MEDICARE PART D OPEN ENROLLMENT EVENT

Wednesday, December 3 - 10:00 - 4:00pm -
by appointment only
Facilitator: SHIP counselor
See all the details on pg. 9.



GIFT WRAPPING 101

Tuesday, December 9 -
10:45am

Speaker: Mitzi Hunter,
Morning Receptionist / SHIP
Coordinator

RSVP by Dec. 2

Christmas is coming soon. Do you struggle when it comes time to wrap your gifts? Are you looking for some timesaving techniques? Mitzi will share her expertise as a gift wrapper to give suggestions and tips to make your gifts look almost too pretty to open. Open to adults of all ages - no children, please.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, December 9 - 1:00pm -
Multipurpose Room B

RSVP by Dec. 5

See all the details on pg. 15.

SCRAPBOOKING

Tuesday, December 9 - 2:00pm -
Classroom B

RSVP by Dec. 2

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, December 9 - 6:30pm -
Classroom B

RSVP by Dec. 2

See all the details on pg. 20.

SHARING & CARING

Thursday, December 11 - 1:00 - 3:00 -
Classroom B

See all the details on pg. 10.

CHRISTMAS PARTY

Friday, December 12 - 2:00pm -
Multipurpose Rooms A & B
RSVP deadline: Dec. 5



Don't miss our annual Christmas party. There will be great refreshments and lots of fun and entertainment. Open to adults 55 & older and exceptions under the general participation policy.



MONTHLY MOVIE - "NONSTOP"

Monday, December 15 - 1:00pm -
Multipurpose Rooms A & B

RSVP by Dec. 8

MPLC license No: 12377840

While on a flight from New York to London a federal air marshal gets a text saying that someone will die every 20 minutes unless \$150 million is transferred to an offshore account. Can he find the terrorist before it is too late? Starring Liam Neeson & Julianne Moore, this movie is rated PG-13 for intense sequences of action and violence, some language, sensuality and drug references.

Runtime is 1hr., 46 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

SENIOR FINANCIAL CARE

Tuesday, December 16 - 8:30am - 2:00pm - by
appt. - Classroom A

Counselors provided by Senior Financial Care
of Winston Salem

See all the details on pg. 19.

VETERAN'S SOCIAL

Tuesday, December 16 - 10:30am - MP Room B

Speaker: Brigitte Parson, Saving Grace K9's

RSVP deadline: Dec. 9

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.***

DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE

CHRISTMAS BINGO

**Thursday, December 18 -
1:00pm - MP Room B**

RSVP by Dec. 11

Sponsored by: Davie Place

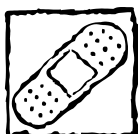
Come out for some fun games of Bingo!
Refreshments will be served. Open to adults
55 & older and exceptions under the general
participation policy. *In order to make our
events more accessible, Braille cards and
display screen are available.*



THEATRE CLUB

**Tuesday, December 23 - 1:00pm -
Classroom B**

See all the details on pg. 16.



BASIC FIRST AID

**Tuesday, December 30 - 1:00pm -
Multipurpose Room B**

**Speaker: Representatives from
Davie County EMS**

RSVP by: Dec. 23

This is a wonderful opportunity to learn first
aid from the professionals. Although this
course is not for certification, you will learn
important information to help you know what
to do in case of an emergency. Open to
adults 55 and older and exceptions under the
general participation policy.

*Merry
Christmas*

SPECIAL INFORMATION SECTION - OPTIONS COUNSELING

What is Options Counseling?

It is a decision support process that includes:

- Listening to expressed preferences, values and needs of the individual
- Talking about options based on needs and preferences and developing an action plan for the individual to follow
- Supporting an individual to make informed choices
- Connecting the individual to make informed choices
- Following up with the individual

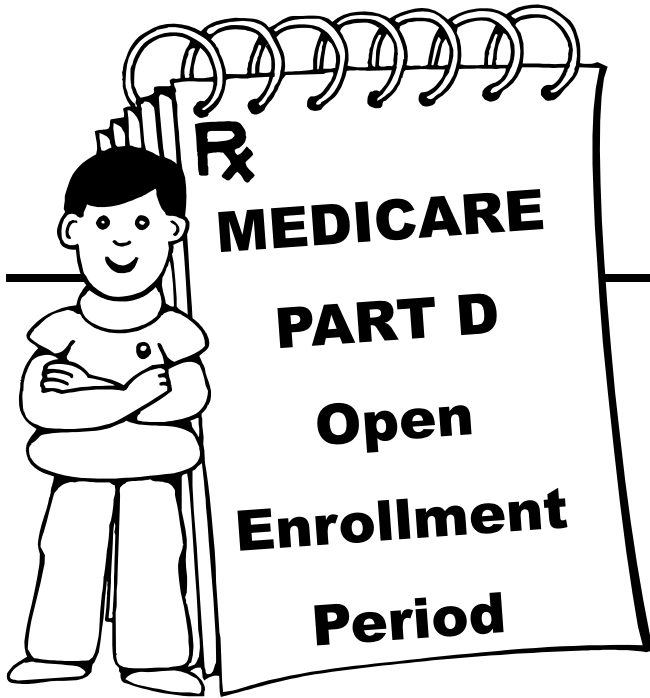
Who can benefit from Options Counseling?

An older adult who is . . .

- having increased difficulty managing household tasks such as cooking, cleaning or shopping but wants to remain at home
- no longer driving due to a chronic health condition, and lives alone in an area without readily available public transportation
- planning to retire, and wants to discuss options to sustain health, wellness and independence
- returning home from a rehabilitation center following a spinal cord injury
- relocating and exploring available housing and other support options
- supporting an adult with a disability, and wants to make plans in the event of being unable to continue providing care
- unsure on how to begin planning for future personal and family needs after a recent diagnosis of early-onset Alzheimer's disease
- concerned about the well-being of an aging parent living alone and making contact on behalf of the parent to learn about available supports

Senior Services is pleased to have Kelly Sloan as a certified Options Counselor and be able to offer this new service to our community. If you would like to discuss options for your future, please call Kelly to set up an appointment. The number is 336-753-6230.

DO YOU NEED HELP?



In 2014 the Open Enrollment Period for Medicare Prescription Drug Programs is October 15 - December 7. During this time people with Medicare may enroll in or change their Prescription Drug Coverage.

As part of the NC Department of Insurance, the **Seniors' Health Insurance Information Program (SHIP)** has experts trained to help you do this.

There is also federal assistance for those with Medicare who have limited resources and income. If you qualify you can receive assistance to help pay for premiums, deductibles and prescription co-payments.

A counselor can help you choose the plan that best meets your needs and also help you to apply for assistance if you qualify.

Call **Davie County Senior Services** at **336-753-6230** to attend one of the Enrollment Sessions on Wednesdays from 10:00 - 4:00 during Open Enrollment period.

(Other appointment times are available if Wednesdays are not convenient)

ONGOING ACTIVITIES - MOCKSVILLE SITE

Arts & Crafts

QUILTING

Mondays - 10am - 12pm - Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies to work with and learn from other quilters. No instruction is provided. This is an intergenerational program.

DAVIE CO. QUILT GUILD

**3rd Monday of each month at 6:30pm -
(October 20, November 17, December 15)
- Multipurpose Rooms A & B**

President: Brenda Hanes

Membership Dues: \$20.00 per year

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9am - 12pm - MP Room B

Instructor: Annette Ratledge

Cost: Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

**2nd Tuesday of each month - 2:00pm
Classroom B - (October 14, no mtg. in Nov.,
Dec. 9)**

Group Leader: Barbara Thornton

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

WOODCARVING

**Wednesdays - 9am - 11am - Classroom A
Facilitator - Tim Trudgeon**

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Fridays - 10:00am - Classroom B

Join this group who loves to tat. Bring your supplies to work with and learn from other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

SHARING & CARING GROUP

**2nd & 4th Thursdays of each month -
1pm - 3pm - Classroom B**

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together making projects to give to those in need.



Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

UPCOMING COMPUTER CLASSES:

Instructor: Jackie Allen

Cost: Free

**Register by: No later than 1 week prior to
1st day of class (Note - classes
fill quickly, so you may want to
register early)**

Class Size: Limited to 10 students

ONGOING ACTIVITIES - MOCKSVILLE SITE

COMPUTER BASICS

This class is for those of you who have never used a computer before. You'll learn the basics, such as how to turn it on & off, how to use the mouse & the keyboard, etc.

Upcoming Session:

- October 17, 20 & 24 (Fri., Mon., Fri.) - 3:00 - 5:00pm - Media Room

BEGINNING COMPUTERS

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also, we will spend time on the Internet, making sure you know how to go directly to a website. We will also become familiar with the layout of Microsoft Word. *This class is intended for those with mouse/keyboard skills.*

Upcoming Session:

- Nov. 17, 18, 24 & 25 (Mon, Tues., Mon. Tues.) - 5:00 - 8:00pm - Media Room

MICROSOFT WORD 2007 LEVEL 2

This picks up from the Level 1 class. We will look at when and how to use tables and clipart. We will review basic formatting that was discussed in Level 1 to enhance the table/clipart as well as reviewing formatting options. *Word Level 1 is required prior to this class.*

Upcoming Session:

- December 5, 8 & 12 (Fri., Mon., Fri.) - 3:00 - 5:00pm - Media Room



PRINTING INVITATIONS

You will learn to use blank invitations to create beautiful invitations for baby showers, birthdays, or any type of celebration. *This class is 1 day and is intended for students who have a good understanding of Microsoft Word. Word Levels 1, 2 & 3 are recommended prior to taking this class.*

Upcoming Sessions:

- October 6 (Mon.) - 4:00 - 6:00pm - Media Room
- October 6 (Mon.) - 6:00 - 8:00pm - Media Room
- November 13 (Thurs.) - 6:00 - 8:00pm - Media Room
- November 17 (Mon.) - 3:00pm - 5:00pm - Media Room

ENVELOPES & LABELS LEVEL 1

Learn to print envelopes and labels the easy way. Your addresses are saved in Microsoft Excel & we merge them into Microsoft Word so you can print directly on the envelope or on labels. We are using Microsoft Excel & Word 2007. *This class is 1 day and is intended for students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.*

Upcoming Sessions:

- October 9 (Thurs.) - 6:00 - 8:00pm - Media Room
- October 10 (Fri.) - 3:00 - 5:00pm - Media Room
- Nov. 20 (Thurs.) - 6:00 - 8:00pm - Media Room
- Nov. 21 (Fri.) - 3:00 - 5:00pm - Media Room

DON'T FORGET TO BRING YOUR MOBILE DEVICES AND ENJOY FREE WI-FI WHILE AT SENIOR SERVICES. SEE FRONT DESK FOR PASSWORD.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Dance

LINE DANCING LEVEL 1 - NEW!!

Tuesdays & Thursdays - 9:00 - 10:00am
starting October 2 - Exercise Classroom
Instructor: Elizabeth Norman, Events Coordinator

For those new to line dancing join this new group to learn some basic steps and simple dances. Open to adults 55 and older & exceptions under the general participation policy.

LINE DANCING LEVEL 2

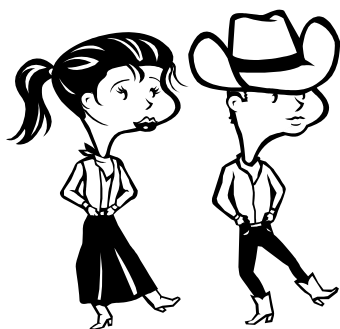
Every Monday - 9:45 - 10:45am
Every Wednesday - 11:15am - 12:15pm - Exercise Classroom
Instructor: Elizabeth Norman, Events Coordinator

For those who have the basics down, we will learn more complex dances. Open to adults 55 & older and exceptions under the general participation policy.

BALLROOM/SOCIAL DANCING

Wednesdays - 6:00pm - MP Room B
Cost: Free

If you enjoy dancing, come join this fun group. A group of dancers get together Every Wednesday night to practice ballroom dancing and shagging. There is no instruction provided. You will need to bring a partner with you. Open to adults 55 and older and exceptions under the general participation policy.



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|-------------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Ping Pong Table |
| * Checkers | * Puzzles |
| * Chess | * Scales |
| * Computer Lab | * Shredder |
| * Fitness Room | * Videos |
| * Magazines | * Wii |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

Exercise



SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Elizabeth Norman, Events Coordinator

This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Elizabeth Norman, Events Coordinator

This class is a continuation of the SilverHealth class. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

YOGA FOR SENIORS

Mondays & Wednesdays - October 1 - December 31 - Exercise Room

Instructor: Kim Crawford

3 CLASSES TO CHOOSE FROM:

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins September 16 at 8:00am.**

Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.

YOGA FOR SENIORS

Wednesdays & Fridays - Oct. 1 - Dec. 19 - 10:00am - 11:00am - Exercise Room

Instructor: Valerie Slogick

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins September 16 at 8:00am.** **Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**

EVENING YOGA FOR SENIORS

Tuesdays & Thursdays - Oct. 2 - Dec. 30 - 6:30 - 7:30pm - Exercise Room

Instructor: Valerie Slogick

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins September 16 at 8:00am.** **Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**



TAI CHI

Tuesdays - 10:00 - 11:00am - Exercise Room

Session Dates: Oct. 7 - Dec. 16

Instructor: Mike DePeuw, Beach 'n' Tans

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

RSVP deadline Sept. 30 (or when filled - limited to 15)

This class is wonderful for seniors. It helps improve balance, lower blood pressure & can help those with arthritis. These slow, gentle motions are easy to learn for all fitness levels. Open to adults 55 & older. Classes build upon one another and therefore students cannot join more than two weeks into the 10 week session.

DANCE PARTY AEROBICS

Tuesdays & Thursdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)

Tuesdays & Thursdays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ARTHRITIC EXERCISE

Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A

Instructor: Ina Beavers, Nutrition Program Coordinator

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.



BOWLING LEAGUE

Mondays - 8:30am - depart from

Rec. Dept.

Cost: \$6.00 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

WALKING

Weekdays - 6:30 - 9:00am - Parks & Rec.

The gym at Parks & Rec. is open each weekday morning for seniors to walk. For more information on walking availability, call Parks & Rec. at 751-2325.

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 5:00pm

Saturday - 9:00am - 1:00pm

Cost: Free (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. **Please call for an appointment for training.**



Games

Wii GAMES

Time: Drop In Whenever Room is Available - Multipurpose Room A

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- | | |
|--------------|---------------------|
| * Golf | * Fishing |
| * Tennis | * Shooting Range |
| * Boxing | * Billiards |
| * Baseball | * Big Brain Academy |
| * Ping Pong | * Many, many more |
| * Mario Kart | |

PING PONG

Our ping pong table is available on a drop in basis whenever the room is available. Call ahead if you have a question regarding availability.

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

SKIPBO

Every Wednesday - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Every Wednesday - 1:30 - 5:00pm - Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

TEXAS HOLD EM

Thursdays - 1:00pm - Classroom A

This poker game is sweeping the nation & is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.



Health & Wellness

ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (October 6, November 3, December 1)

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am - MP Room A - (October 7, November 4, December 2)

A trained professional will take your blood pressure at no charge.

GOT PLANS? ADVANCE CARE PLANNING

2nd Tuesday of each month - Multipurpose Room B - (October 14, no mtg in November, December 9)

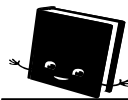
Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

RSVP by Friday before each seminar

We plan for college, marriage, a baby and retirement, but we don't prepare for the end of life. Let's change that! It's simple.

Representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.



Literary Arts

SENIOR BOOK CLUB

MEETING TIMES FOR THIS QUARTER MAY BE CANCELED. PLEASE CALL FOR THE LATEST SCHEDULE

Leader: Genny Hinkle - Davie Co. Library

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored with Davie Co. Public Library. Open to adults 55 & older and exceptions under the general participation policy.

LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Lunch

Mondays - Wednesdays - 11:30am
Thursdays & Fridays - 11:00am - MP Room A
Staff Contact: Ina Beavers, Nutrition Program Coordinator
Cost: No charge, donations appreciated
Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.40. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Interest

PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm - Multipurpose Room B
(October 6, November 3, December 1)
President: Arthur Bostick
Annual Dues: \$20.00

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm - Media Room (November 25)
Staff Contact: Kim Shuskey, Director
This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

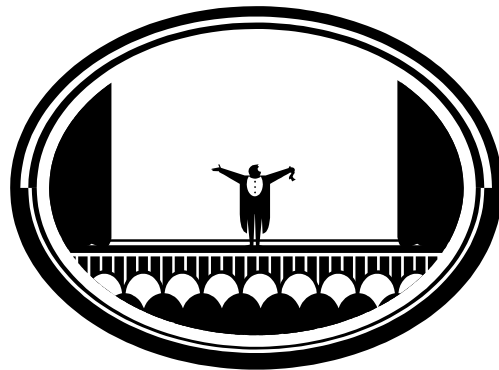
Each Thursday - 10:00am - Multipurpose Room B (Jan. - June/Sept. - Dec.)
Chorus Director: Marie Roth
Annual Dues: \$10.00

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B (October 28, November 25, December 23)
Staff Contact: Barbara Thornton, Senior Center Aide

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.



OTHER ONGOING PROGRAMS & SERVICES



Financial Support

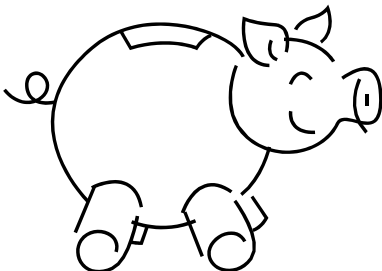
LEGACY GIFT PROGRAM

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. We are also committed to planning ahead to meet future needs. To do this, donations are needed and appreciated. Legacy gifts is our term for these charitable contributions that help in both the long and short term. Individuals and organizations can contribute in the following areas:

- **Outright Gifts** - donations of cash, property or stocks/securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

Donations are tax deductible.



Services



**STAFF CONTACT FOR ALL SERVICES IS
KELLY SLOAN, SERVICES COORDINATOR,
UNLESS INDICATED OTHERWISE.**

BUDDY PROGRAM

Staff Contact: Mitzi Hunter, Morning Receptionist

Cost: No charge

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes." To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: No charge

Our Services Coordinator can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Cost: No charge, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify, you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

OTHER ONGOING PROGRAMS & SERVICES

DRAGON SPEECH RECOGNITION SOFTWARE

(Available at Mocksville Site)

Staff Contact: Kim Shuskey, Director

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing, come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

ENSURE PROGRAM

Cost: No charge, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.



FIDGET APRONS

Cost: No charge, donations appreciated

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

HANDMADE PERSONAL ITEMS

Cost: No charge, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Services Coordinator.

HOMEBOUND MEALS

Cost: No charge, donations appreciated

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



INFORMATION & ASSISTANCE

Our Services Coordinator can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEGAL AIDE

Cost: No charge, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

OTHER ONGOING PROGRAMS & SERVICES

NOTARY SERVICE

Staff Contact: Elizabeth Norman, Events Coordinator or Ina Beavers, Nutrition Program Coordinator

Cost: No charge

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

OPTIONS COUNSELING - NEW!!

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

See information under Senior Financial Care.

SENIOR FINANCIAL CARE

1st Tuesday of each month - 8:30am -

4:30pm - Media Room of Mocksville Site

2nd Tuesday of each month - 10:00am -

1:00pm - Farmington Site

3rd Tuesday of each month - 8:30am -

2:00pm - Classroom A of Mocksville Site

4th Tuesday of each month - 10:00am -

1:00pm - Farmington Site

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

Senior Financial Care is a program of Financial Pathways of the Piedmont of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. For more information you may call them directly at 336-896-1328.

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Cost: No charge

Time: Tues. & Thurs. afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

TELEPHONE REASSURANCE PROGRAM

Staff contact: Tracy Veach, Administrative Assistant

Cost: No charge

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.

VIAL OF LIFE

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.



OTHER ONGOING PROGRAMS & SERVICES



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm -
Classroom B - (October 14, no mtg in
November, December 9)

Facilitator: Kelly Sloan, Services
Coordinator

**RSVP no later than the Friday before the
meeting**

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



Trips - Day

Transportation can be provided to the 1st 24 who sign up. **There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel.** All participants buy their own lunch.

If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. See staff for complete trip rules.

OCTOBER 7 - GARDEN GATE VINEYARDS, MOCKSVILLE, NC

Tuesday, October 7 - Departure time
10:30am, Return approximately 3:00pm

Cost: \$5.00 for transportation

Money for lunch

We will go to lunch then visit one of our local wineries. We will be able to taste the wines. If you prefer to taste with a wine glass the cost is \$5.00 and you get to keep the glass (or you can use their small cup and there is no charge). At this time of year the grapes will be ripe and we will be able to taste them as well. This trip will be limited to the 24 transported guests only, no drivers. Sign up starts August 15.

NOVEMBER 4 - SOUTHERN SUPREME FRUITCAKE FACTORY, BEAR CREEK, NC

Tuesday, November 4 - Departure time 9:00,
Return time 4:00

Cost: \$5.00 for transportation

Money for Lunch

We will tour the factory, get those delicious samples and have a chance to shop in their gift shop. We will have lunch at Best Foods Cafeteria after we leave Southern Supreme. Sign up starts September 15.

DECEMBER 4 - CANDLE TEA AT KERNERSVILLE MORAVIAN CHURCH

Thursday, December 4 - Departure & Return
time to be announced - **NOTE CHANGE OF
DAY**

Cost: \$5.00 for transportation

Money for lunch

Start off the season by attending the Candle Tea sponsored by the Kernersville Moravian Church. We will have lunch before the tour. Sign up starts Oct. 15.

JANUARY 6, 2015 - MILLHOUSE MUSEUM OF COOLEEMEE

Tuesday, January 6 - Departure time 9:30am,
Return approximately 2:00pm

Cost: \$5.00 for transportation

Money for lunch

We will get to see the renovated Zachary House which will be completed this fall. We will also tour the mill house furnished as it was when the mill was open and the Episcopal Church. Sign up starts Nov. 14.



OTHER ONGOING PROGRAMS & SERVICES



Trips - Dinner Theatre

WOHLFAHRT HAUS DINNER THEATRE, WYTHEVILLE, VA

Wednesday, November 12 - Depart at 9:00am, Return approximately 7:00pm

Cost: \$45.00 for transportation, show, lunch, tax & gratuity

Wohlfahrt Haus is a state of the art German-themed dinner theatre nestled in the beautiful Appalachian mountains of southwest Virginia. We will travel there to see their "Holiday Spectacular". Enjoy a delicious Holiday feast before you are completely immersed in the Christmas season. Their Holiday Spectacular is stuffed with all the Christmas songs you know and love as well as dazzling dance numbers and beautiful costumes. This fun-filled Holiday production also features a breath-taking Nativity which is sure to put you in the Christmas Spirit.

Full payment is due at time of sign up. In-person sign up not required for dinner theatre trip, but spot will not be reserved until payment is received. Space is limited to 23 people. No refunds will be issued after money is sent to Theatre Company. Spaces fill early so be sure to sign up as soon as possible.



Trips - Overnight

MYRTLE BEACH, SC

Monday - Wednesday, Nov. 17, 18, 19

Prices - Per Person:

\$388.00 - single \$331.00 - double

\$320.00 - triple \$214.00 - quad

Trip Leader - Barbara Thornton

We will head to Myrtle Beach, SC for our next trip. See next column for all that is included in the trip.

PRICE INCLUDES THE FOLLOWING:

Monday, November 17:

- 7:30 AM – Depart Davie Senior Services
- Buffet lunch at Webster Manor, Mullins SC
- Shopping at Tanger Outlets on Hwy 501
- Pirates Voyage Dinner Theatre - In this Christmas show you will be amazed at the spectacular costuming, incredible acrobatic acts, giant toys coming to life and the dramatic live nativity scene, all taking place on a full sized pirate ship in a 15 foot indoor lagoon.

Tuesday, November 18

- Breakfast at hotel
- Thanksgiving Feast at the Hilton - includes all your holiday favorites
- The South's Grandest Christmas Show - Alabama Theatre's award-winning production featuring amazing talent, scenery and special effects
- Dinner at K&W (not included in price)
- Shadrack's Christmas Wonderland - a magical drive-through show of fully synchronized LED Christmas lights & music

Wednesday, November 19

- Breakfast at hotel
- Backstage tour of Alabama Theatre
- Shopping at Tanger Outlets on Hwy 17 with lunch at the Food Court (not included in price)

Price also includes hotel accommodations at Monterey Bay Suites and travel on motor coach.

Reservations can be made with your \$50.00 deposit. Deadline for registration is October 17. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.

OTHER ONGOING PROGRAMS & SERVICES



Volunteer Opportunities

All Senior Services volunteers receive training and orientation before beginning any assignment. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

BUDDY PROGRAM

Contact: Mitzi Hunter, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes."

CLASS INSTRUCTORS

Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

FRONT DESK VOLUNTEERS

Contact: Tracy Veach, Administrative Asst.

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Contact: Ina Beavers, Nutrition Prog. Coord.

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

LUNCH VOLUNTEERS

Contact: Ina Beavers, Nutrition Program Coordinator

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

OFFICE HELP

Contact: Tracy Veach, Administrative Assistant

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program)

Contact: Mitzi Hunter, SHIIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: Elizabeth Norman, Events Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

TAX AIDE VOLUNTEERS

Contact: Kim Shuskey, Director

Tax-Aide counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

TELEPHONE REASSURANCE PROGRAM

Contact: Gloria Wommack, RSVP (753-8270)

We are partners with YVEDDI's RSVP program in this service. Volunteers will call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.

CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the
Farmington Community Center,
1723 Farmington Rd. Hours are
Monday - Friday 10:00am - 1:00pm.
Phone number is 998-3730.



Ongoing Activities

TRANSPORTATION TO FARMINGTON SITE

Mondays, Wednesdays & Fridays

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

EXERCISE & WALKING

Tuesdays - 10:30am

Get your exercise each Tuesday with your friends.

GARDENING

Tuesdays & Thursdays - 10am (In Season)

If you have a green thumb, why not help out in the garden? Gardening tools are available or you can bring your own.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am

(October 15, November 19, December 17)

A trained professional will take your blood pressure at no charge.

CRAFT DAY

Last Wednesday of each Month - 10:30am

(October 29, November 26, December 31)

Cost: No charge

Each month we will present a new craft. This is a great chance to learn some new skills. Open to those 55 and older.

SENIOR FINANCIAL CARE

2nd & 4th Tuesday of each month -

10:00am - 1:00pm

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

See details on pg. 19.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Darlene Sheets, Nutrition Site Manager

Cost: No charge, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.40. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events



COOKIE SWAP

Wednesday, October 1 - 10:30am

RSVP by Sept. 24

To celebrate Homemade Cookies Day, we will have a cookie swap. Bake a couple dozen of your favorites and bring them in to swap with other participants. Open to adults 55 & older and exceptions under the general participation policy.

FIRE PREVENTION TALK

Friday, October 10 - 10:30am

Speaker: Representative from Farmington Fire Dept.

RSVP by Oct. 3

The Farmington Fire Dept. will share tips and reminders to prevent fires in your homes.

Open to adults of all ages - no children, please.

SPELLING BEE

Thursday, October 16 -

10:30am

RSVP by Oct. 9

Brush up on your spelling and have fun in this competition. Let's crown the new Spelling Bee Champion of Farmington. Open to adults 55 & older and exceptions under the general participation policy.



CLASSES & ACTIVITIES - FARMINGTON SITE

HEALTH BENEFITS OF NUTS

Wednesday, October 22 - 10:30am

Speaker: Representative from Novant Health
RSVP by Oct. 15

Nuts sometimes get a bad reputation for being a bad snack. In fact, they can be a healthy addition to your diet. Get all the facts at this seminar. Open to adults of all ages - no children, please.



HALLOWEEN CELEBRATION

Friday, October 31 - 10:30am

RSVP by: Oct. 24

Join your friends for a celebration of the Fall season & Halloween. Open to adults 55 & older and exceptions under the general participation policy.

NATIONAL DOUGHNUT DAY

Wednesday, November 5 - 10:30am

RSVP by Oct. 29

Can you think of a better thing to celebrate than National Doughnut Day? Neither could we! We will have a variety of doughnuts to sample along with some doughnut trivia. Open to adults 55 and older and exceptions under the general participation policy.

MEET YOUR VETERAN SERVICES OFFICER

Friday, November 14 - 10:30am

Speaker: Meagan Williams, Veterans Service Officer

RSVP by Nov. 7

The Veteran Services Office offers much help to veterans and families of veterans. Learn more about what the office does at this informative seminar. Open to adults of all ages - no children, please.

BRAIN GAMES

Friday, November 21 - 10:30am

RSVP by: Nov. 14

Keeping your brain stimulated is important as you age. Have fun solving these word pictures during our Brain Games time. Open to adults 55 and older and exceptions under the general participation policy.

THANKSGIVING CELEBRATION

Monday, November 24 - 10:30am

RSVP by Nov. 17

Celebrate all your reasons to be thankful at this event. Open to adults 55 & older and exceptions under the general participation policy.



AN APPLE A DAY

Monday, December 1 - 10:30am

RSVP by Nov. 24

Apples are readily available throughout the year and are a healthy part of your diet. Learn about the many benefits of apples at this seminar. Open to adults of all ages - no children, please.

PANTRY BINGO

Wednesday, December 10 - 10:30am

RSVP by Dec. 3

Win items you can actually use at this fun game of Bingo. Open to adults 55 & older and exceptions under the general participation policy.

BENEFITS OF CHOCOLATE

Friday, December 19 - 10:30am

RSVP by Dec. 12

Is chocolate really good for you? Too much of anything isn't good for you, but in fact there are some health benefits of chocolate. We will share those benefits with you, and maybe even sample a little! Open to adults of all ages - no children, please.

CHRISTMAS CELEBRATION

Monday, December 22 - 10:30am

RSVP by Dec. 15

Join your friends for a celebration of the Christmas season. Those who wish to participate in a gift exchange game should bring a \$5.00 wrapped gift. Open to adults 55 & older and exceptions under the general participation policy.



HEALTHY RESOLUTIONS DAY

Tuesday, December 30 - 10:30am

RSVP by Dec. 23

Start 2015 out right. Everyone will have a chance to make some healthy resolutions and get inspired from hearing others. Open to adults 55 & older and exceptions under the general participation policy.

CALENDAR OF EVENTS - FARMINGTON SITE

OCTOBER

- Oct. 1 - Cookie Swap - 10:30am
- Oct. 10 - Fire Prevention Talk - 10:30am
- Oct. 14 - Senior Financial Care - 10am - 1pm
- Oct. 15 - Blood Pressure Screens - 10:30am
- Oct. 16 - Spelling Bee - 10:30am
- Oct. 22 - Health Benefits of Nuts - 10:30am
- Oct. 28 - Senior Financial Care - 10am - 1pm
- Oct. 29 - Craft Day - 10:30am
- Oct. 31 - Halloween Celebration - 10:30am

NOVEMBER

- Nov. 5 - National Doughnut Day - 10:30am
- Nov. 11 - CLOSED FOR VETERAN'S DAY
- Nov. 14 - Meet Your Veteran's Service Officer-
10:30am
- Nov. 19 - Blood Pressure Screens - 10:30am
- Nov. 21 - Brain Games - 10:30am
- Nov. 24 - Thanksgiving Celebration - 10:30am
- Nov. 25 - Senior Financial Care - 10am -
1pm
- Nov. 26 - Craft Day - 10:30am
- Nov. 27 & 28 - CLOSED FOR
THANKSGIVING

DECEMBER

- Dec. 1 - An Apple A Day - 10:30am
- Dec. 9 - Senior Financial Care - 10am - 1pm
- Dec. 10 - Pantry Bingo - 10:30am
- Dec. 17 - Blood Pressure Screens - 10:30am
- Dec. 19 - Benefits of Chocolate - 10:30am
- Dec. 22 - Christmas Celebration - 10:30am
- Dec. 23 - Senior Financial Care - 10am - 1pm
- Dec. 24 - 26 - CLOSED FOR CHRISTMAS
- Dec. 30 - Healthy Resolutions Day - 10:30am
- Dec. 31 - Craft Day - 10:30am



IN CASE OF BAD WEATHER

The weather can be unpredictable during the upcoming months. Our main concern is for the safety of our participants and staff.

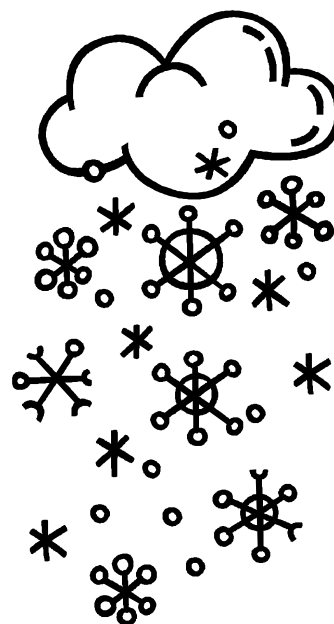
Please note the following guidelines:

Lunch schedule:

If Davie County schools are delayed up to 2 hours, we are open for lunch and will serve homebound meals provided our caterer can get the food to us. If Davie County schools are closed, we will not serve lunch or homebound meals. If meals are not served, our Farmington site will not open.

Programs and daily activities at the Mocksville site:

Senior Services is a county agency and will rarely ever close the Mocksville site during periods of inclement weather. However, in the event of inclement weather, there will be limited programming at Senior Services. Typically we will close during evening and weekend hours if the weather is bad. Please call ahead to determine if the activity you would like to participate in is cancelled.



Calendar of Events - Mocksville Site

OCTOBER

- Oct. 1 - New Yoga session starts - 10:00am - Must pre-register
- Oct. 1 - New Yoga session starts - 1:00pm - Must pre-register
- Oct. 1 - New Yoga session starts - 2:00pm - Must pre-register
- Oct. 1 - New Yoga session starts - 3:00pm - Must pre-register
- Oct. 2 - New Line Dancing Class starts - 9:00am
- Oct. 2 - New Yoga session starts - 6:30pm - Must pre-register
- Oct. 3 - Fall Fest - Autumn Care - 2:30pm
- Oct. 6 - Ask the Doctor - 10:45am
- Oct. 6 - Printing Invitations Class - 4:00pm - Must pre-register
- Oct. 6 - Printing Invitations Class - 6:00pm - Must pre-register
- Oct. 6 - Piedmont Power Assoc. - 7:00pm
- Oct. 7 - Senior Financial Care - 8:30am - 4:30pm
- Oct. 7 - Flu Shots - By appointment only - 9:00am - 3:00pm
- Oct. 7 - Tai Chi begins - 10:00am
- Oct. 7 - Day Trip - Garden Gate Vineyards - Depart at 10:30am
- Oct. 7 - Blood Pressure Screenings - 10:45am
- Oct. 9 - Sharing & Caring - 1:00pm
- Oct. 9 - Envelopes & Labels Class - 6:00pm - Must pre-register
- Oct. 10 - Fall Fest - Davie Place - 2:00pm
- Oct. 10 - Envelopes & Labels Class - 3:00pm - Must pre-register
- Oct. 11 - Saturday Morning Breakfast - 9:30am
- Oct. 14 - Fire Safety - 10:45am
- Oct. 14 - Got Plans? Advance Care Planning Workshop - 1:00pm

- Oct. 14 - Scrapbooking - 2:00pm
- Oct. 14 - Alzheimer's Support Group - 6:30pm
- Oct. 15 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Oct. 17 - Flu Shots - By appointment only - 9:00am - 12:00pm
- Oct. 17 - Fall Fest - Somerset Court - 2:00pm
- Oct. 17 - Computer Basics class begins - 3:00pm - Must pre-register
- Oct. 18 - Wake Forest / Syracuse Football Game - Time TBA
- Oct. 20 - Monthly Movie - "Tyler Perry's The Single Moms Club" - 1:00pm
- Oct. 20 - Quilt Guild - 6:30pm
- Oct. 21 - Senior Financial Care - 8:30am - 2:00pm
- Oct. 22 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Oct. 23 - Sharing & Caring - 1:00pm
- Oct. 24 - Halloween Party - 2:00pm
- Oct. 28 - Senior Outing - 11:00am
- Oct. 28 - Theatre Club - 1:00pm
- Oct. 29 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Oct. 31 - Fall Fest - Bermuda Commons - 10:30am
- Oct. 31 - Movie Day With the Grandkids (Or Not!) - "Free Birds" - 1:00pm



NOVEMBER

- Nov. 3 - Ask the Doctor - 10:45am
- Nov. 3 - Piedmont Power Assoc. - 7:00pm
- Nov. 4 - Sr. Financial Care - 8:30am - 4:30pm
- Nov. 4 - Day Trip - Southern Supreme Fruitcake Factory - Depart at 9am

Calendar of Events - Mocksville Site

- Nov. 4 - Blood Pressure Screenings - 10:45am
- Nov. 4 - Caregiver's Dinner - 6:00pm
- Nov. 5 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Nov. 7 - Winter Craft - Snowman Gift Set - 1:00pm
- Nov. 10 - Veteran's Lunch - 1:00pm
- Nov. 10 - Veteran's Dinner - 5:30pm
- Nov. 11 - CLOSED FOR VETERAN'S DAY
- Nov. 12 - Wohlfahrt Haus Dinner Theatre trip - Depart at 9:00am
- Nov. 12 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Nov. 13 - Sharing & Caring - 1:00pm
- Nov. 13 - Printing Invitations Class - 6:00pm - Must pre-register
- Nov. 14 - Spine Health - 1:00pm
- Nov. 17 - Myrtle Beach Trip - Depart at 7:30am
- Nov. 17 - Monthly Movie - "Heaven Is For Real" - 1:00pm
- Nov. 17 - Printing Invitations Class - 3:00pm - Must pre-register
- Nov. 17 - Beginning Computer class begins - 5:00pm - Must pre-register
- Nov. 17 - Quilt Guild - 6:30pm
- Nov. 18 - Senior Financial Care - 8:30am - 2:00pm
- Nov. 18 - Senior Tarheel Priorities - 10:45am
- Nov. 19 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Nov. 20 - Envelopes & Labels Class - 6:00pm - Must pre-register
- Nov. 21 - Senior Lunch - 11:30am
- Nov. 21 - Envelopes & Labels Class - 3:00pm - Must pre-register
- Nov. 25 - Theatre Club - 1:00pm
- Nov. 25 - Advisory Council - 3:00pm

- Nov. 26 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Nov. 27 - 30 - CLOSED FOR THANKSGIVING



DECEMBER

- Dec. 1 - Ask the Doctor - 10:45am
- Dec. 1 - Piedmont Power Association - 7:00pm
- Dec. 2 - Senior Financial Care - 8:30am - 4:30pm
- Dec. 2 - Blood Pressure Screening - 10:45am
- Dec. 2 - Dinner & a Movie - "The Monuments Men" - 5:30pm
- Dec. 3 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Dec. 4 - Day Trip - Candle Tea at Kernersville Moravian Church - Departure time TBA
- Dec. 5 - Word Level 2 class begins - 3:00pm - Must pre-register
- Dec. 9 - Gift Wrapping 101 - 10:45am
- Dec. 9 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Dec. 9 - Scrapbooking - 2:00pm
- Dec. 9 - Alzheimer's Support Group - 6:30pm
- Dec. 11 - Sharing & Caring - 1:00pm
- Dec. 12 - Christmas Party - 2:00pm
- Dec. 15 - Monthly Movie - "Nonstop" - 1:00pm
- Dec. 15 - Quilt Guild - 6:30pm
- Dec. 16 - Senior Financial Care - 8:30am - 2:00pm
- Dec. 16 - Veteran's Social - 10:30am
- Dec. 18 - Christmas Bingo - 1:00pm
- Dec. 23 - Theatre Club - 1:00pm
- Dec. 24 - 28 - CLOSED FOR CHRISTMAS
- Dec. 30 - Basic First Aid - 1:00pm



278 Meroney Street
Mocksville, NC 27028
336-753-6230
www.daviecountync.gov

STANDARD MAIL
U.S. POSTAGE
PAID
MOCKSVILLE, N.C.
PERMIT NO. 15

ADDRESS SERVICE REQUESTED

*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.